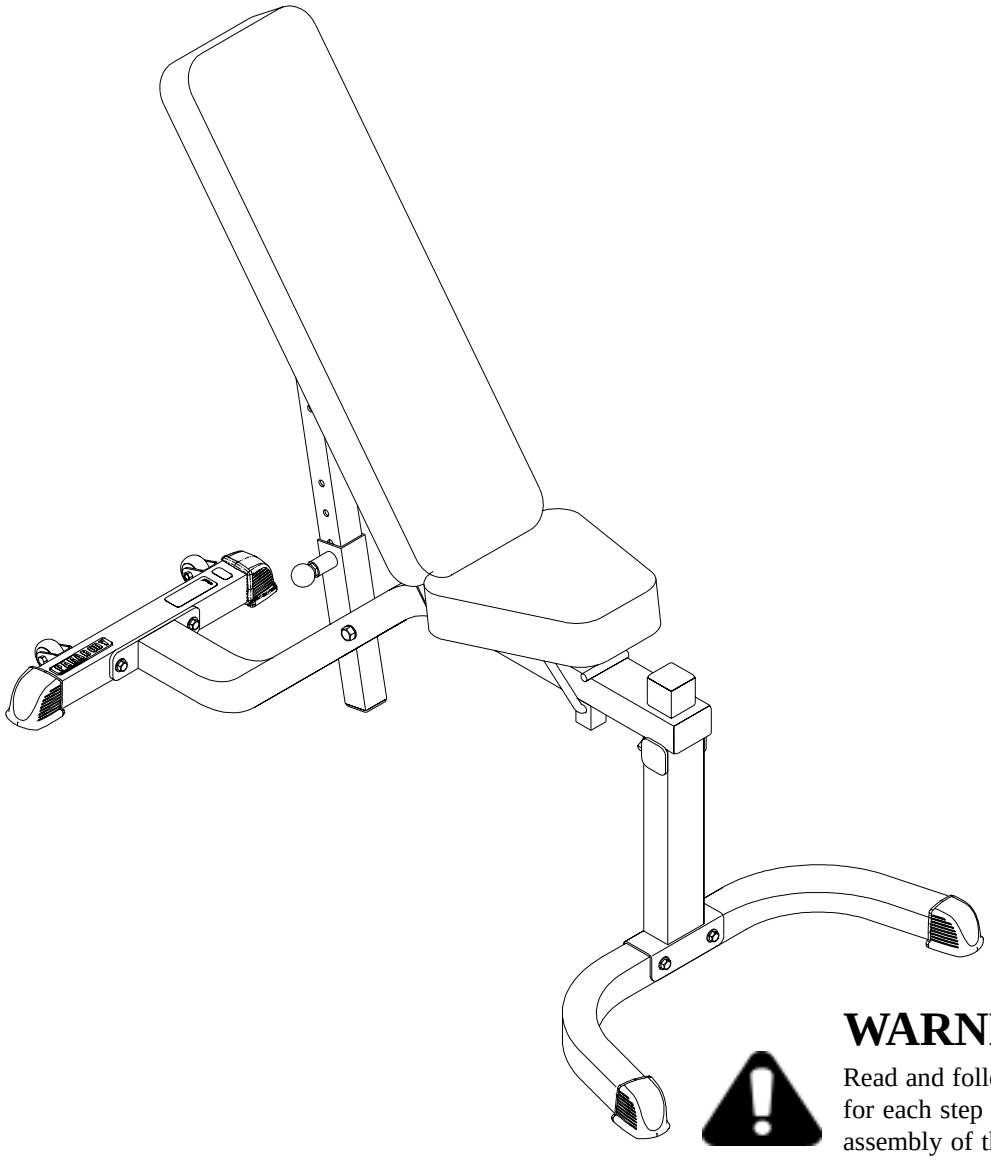
PARABODY®

874 MULTI-ANGLE BENCH SYSTEM



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

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IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 874 Multi-Angle Bench System. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

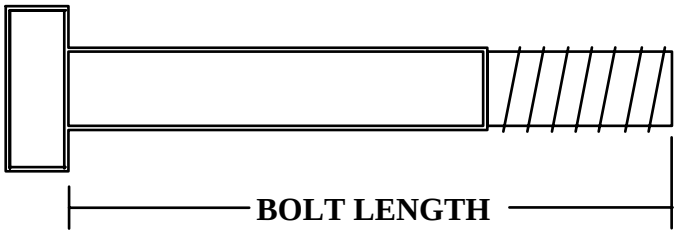
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

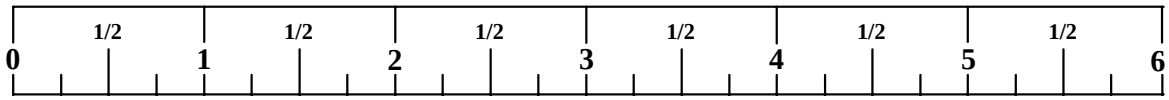
* 3/4" wrench
* 9/16" wrench
* Ratchet with 3/4" and 9/16" sockets
* Adjustable wrench
* Tape measure

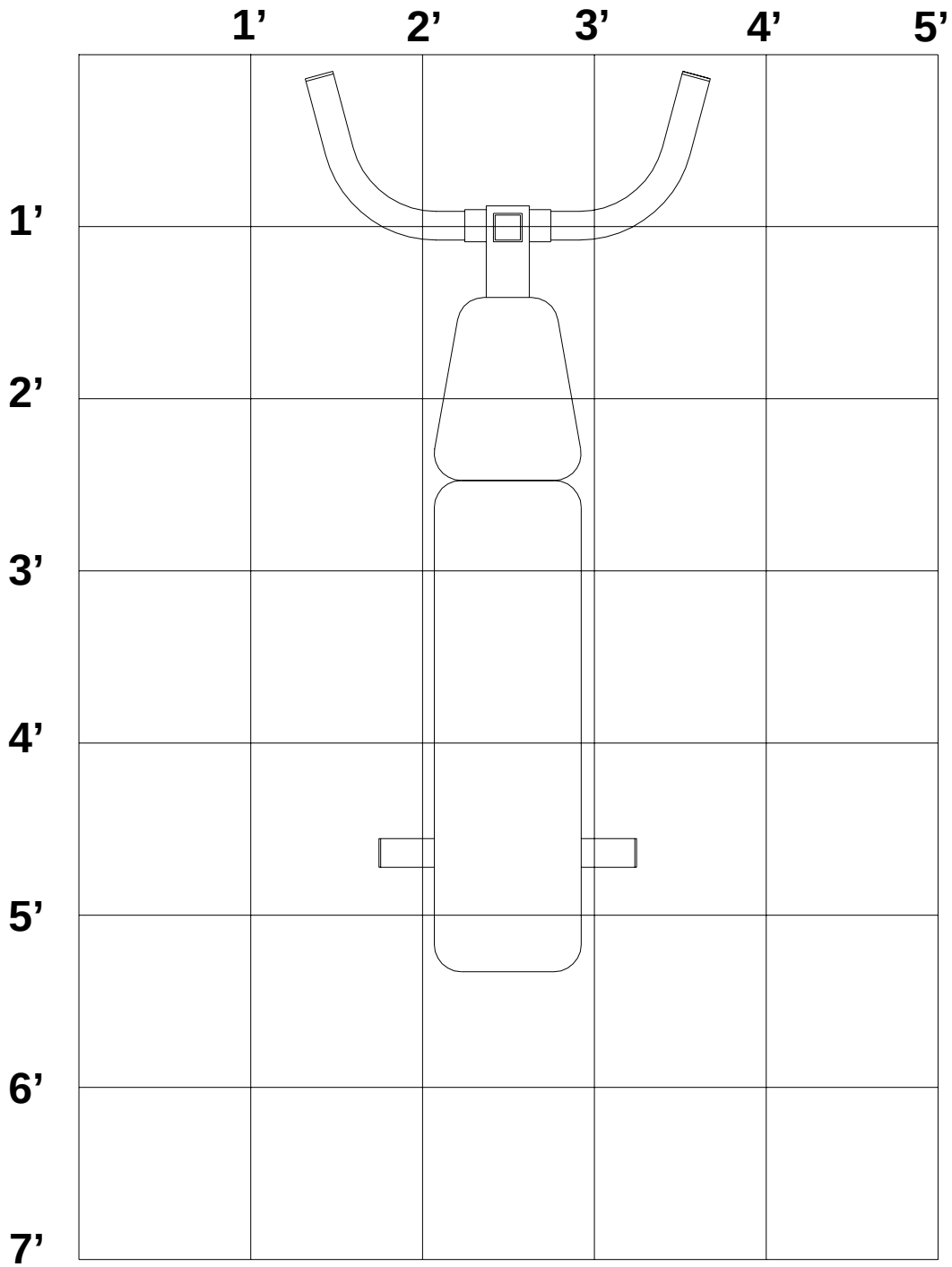
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:





1 Square = 1’ X 1’

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6650609	BENCH FRAME	1
2	6650109	ADJUSTABLE SLIDE	1
3	6649309	ADJUSTABLE SLEEVE	1
4	6624210	LEFT BACK PAD ANGLE	1
5	6624310	RIGHT BACK PAD ANGLE	1
6	6259109	FRONT BASE	1
7	7710409	REAR BASE	1
8	6654521	SEAT PAD	1
9	6654421	BACK PAD	1
10	6406401	HINGE TAB	2
11	6412001	SPRING PIN ASSEMBLY	1
12	6236701	1-3/4" SQ. END CAP	1
13	6692601	3 X 2" END CAP	1
14	6405201	2" SQ. END CAP	1
15	7234801	2" SQ. COVER CAP	4
16	6145801	THUMBSCREW	1

KEY	PART #	DESCRIPTION	QTY
17	3235204	3/8 X 1" BOLT	6
18	3235212	3/8 X 3" BOLT	4
19	3114403	3/8" WASHER	14
20	3114702	3/8" LOCK NUT	6
21	3235315	1/2 X 3-3/4" BOLT	1
22	3235322	1/2 X 5-1/2" BOLT	1
23	3235432	1/2 X 8" BOLT	1
24	3235501	1/2" LOW HEIGHT LOCK NUT	3
25	3221705	1/2" E-RING	1
26	6417801	1/2 X 1" SPRING	1
27	6650201	1/2" FLANGE SPACER	2
28	6416601	1-1/2 X 3/4" GLIDE (8 PER)	1
29	7339801	1/2" DIA U-PIN	1
30	7656301	WHEEL	2
31	3235207	3/8 X 1-3/4" BOLT	2

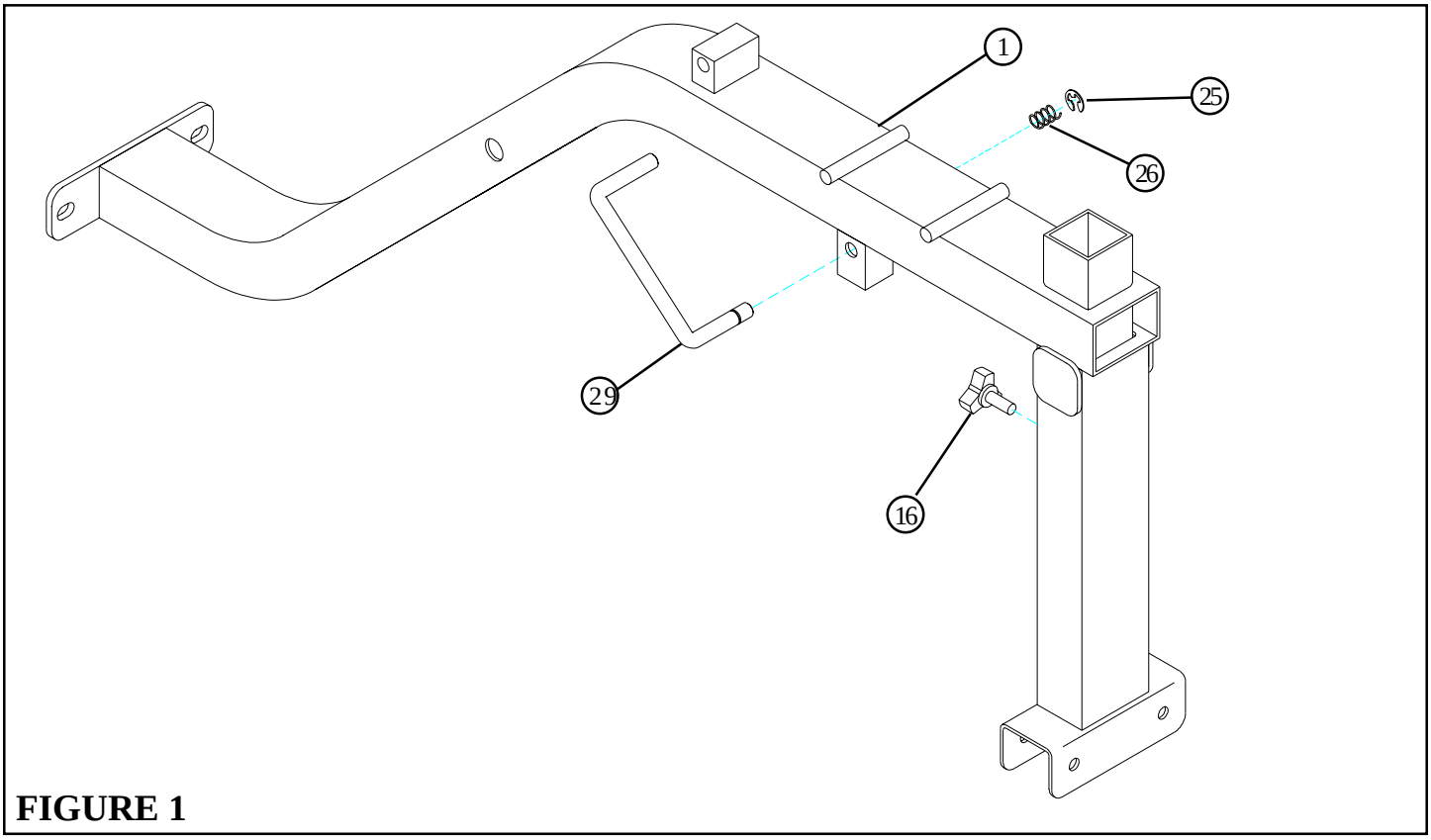


FIGURE 1

STEP 1:

- Assemble the 1/2" DIA. U-PIN (29) to the BENCH FRAME (1) using one 1/2 X 1" SPRING (26), and one 1/2" E-RING (25) as shown in FIGURE 1.

- Thread one THUMBSCREW (16) into the BENCH FRAME (1) as shown in FIGURE 1. The THUMBSCREW (16) will be used to tighten down attachments.

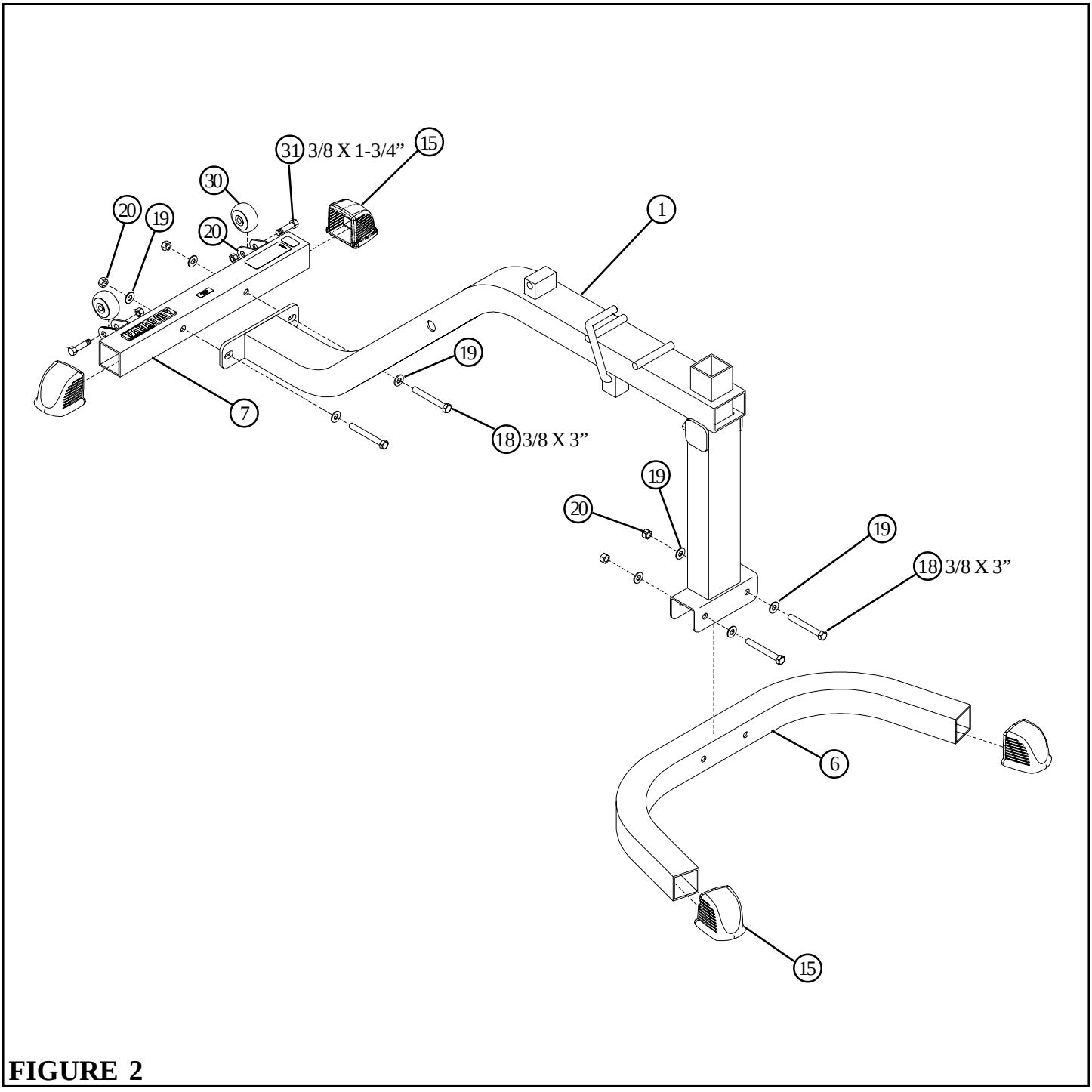
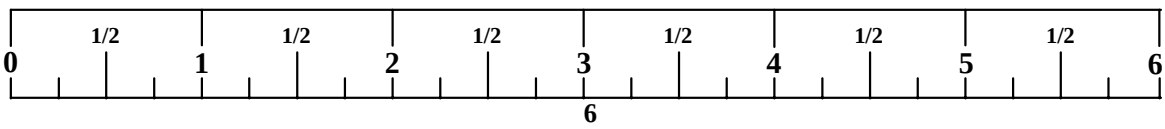


FIGURE 2

STEP 2:

- Slide four 2" SQ. COVER CAPS (15) over the ends of the FRONT & REAR BASE (6 & 7) as shown in FIGURE 2.
- **SECURELY** assemble the FRONT BASE (6) to the BENCH FRAME (1) using two 3/8 X 3" BOLTS (18), four 3/8" WASHERS (19), and two 3/8" LOCK NUTS (20). See FIGURE 2.
- **SECURELY** assemble the REAR BASE (7) to the BENCH FRAME (1) using two 3/8 X 3" BOLTS (18), four 3/8" WASHERS (19), and two 3/8" LOCK NUTS (20). See FIGURE 2.
- **SECURELY** assemble two WHEELS (30) to the REAR BASE (7) using two 3/8 X 1-3/4" BOLTS (31) and two 3/8" LOCK NUTS (20) as shown in FIGURE 2.



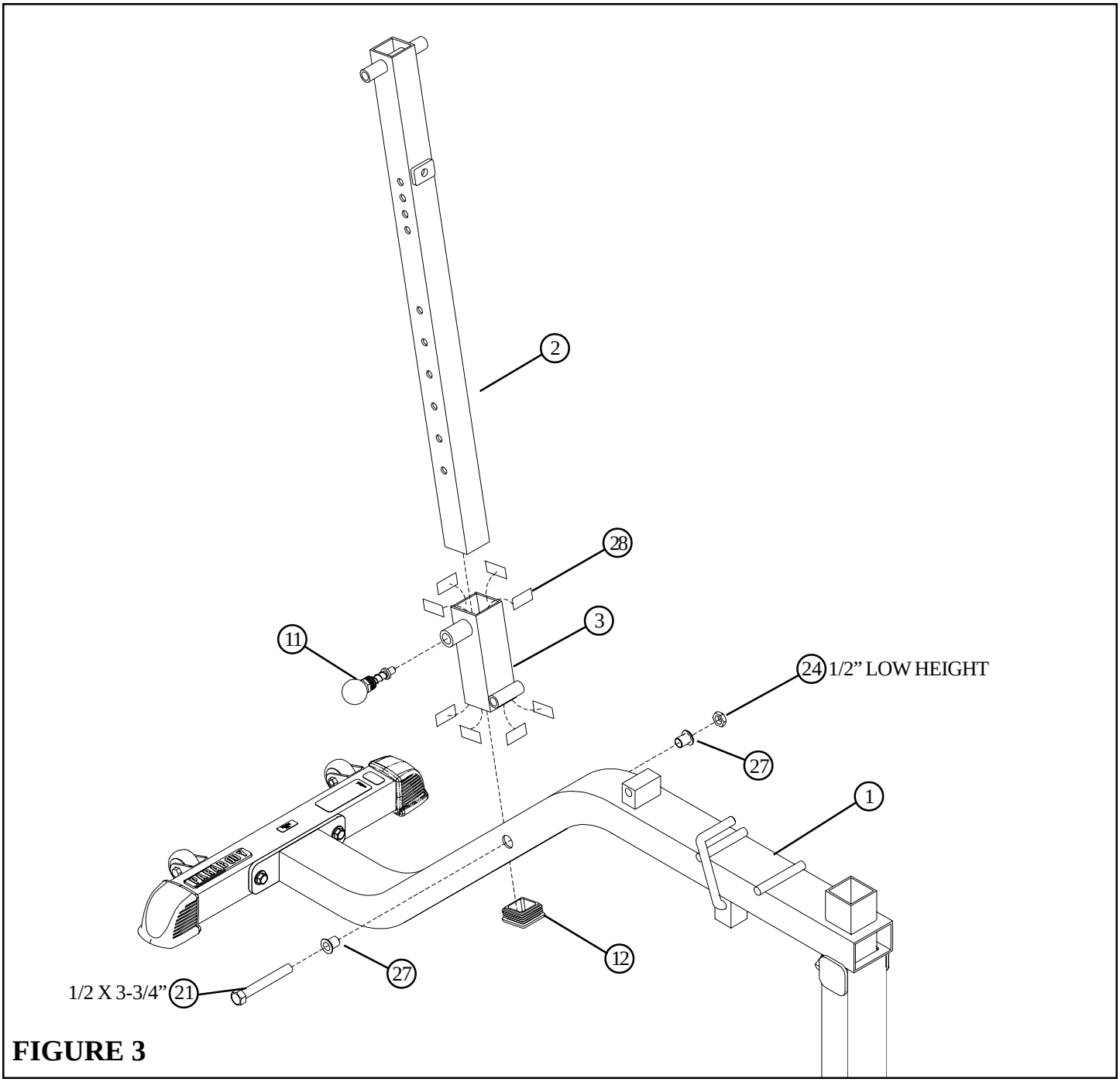


FIGURE 3

STEP 3:

- **SECURELY** assemble one SPRING PIN ASSEMBLY (11) to the spring pin barrel on the ADJUSTABLE SLEEVE (3). See FIGURE 3.

- Attach eight 3/4 X 1-1/2" GLIDES (28) to the inside of the ADJUSTABLE SLEEVE (3) as shown in FIGURE 3 using the following steps:
  - Thoroughly clean all surfaces where the 3/4 X 1-1/2" GLIDES (28) are to be attached.
  - Remove the 3/4 X 1-1/2" GLIDES (28) from the paper backing and firmly apply them to all shown surfaces.

- Assemble the ADUSTABLE SLEEVE (3) to the BENCH FRAME (1) using one 1/2 X 3-3/4" BOLT (21), two 1/2" FLANGE SPACERS (27), and one 1/2" LOW HEIGHT LOCK NUT (24) as shown in FIGURE 3.

- Pull back on the SPRING PIN (11) and **CAREFULLY** insert the ADJUSTABLE SLIDE (2) into the ADJUSTABLE SLEEVE (3) as shown in FIGURE 3.

- Insert one 1-3/4" END CAP (12) into the end of the ADJUSTABLE SLIDE (2) as shown in FIGURE 3.

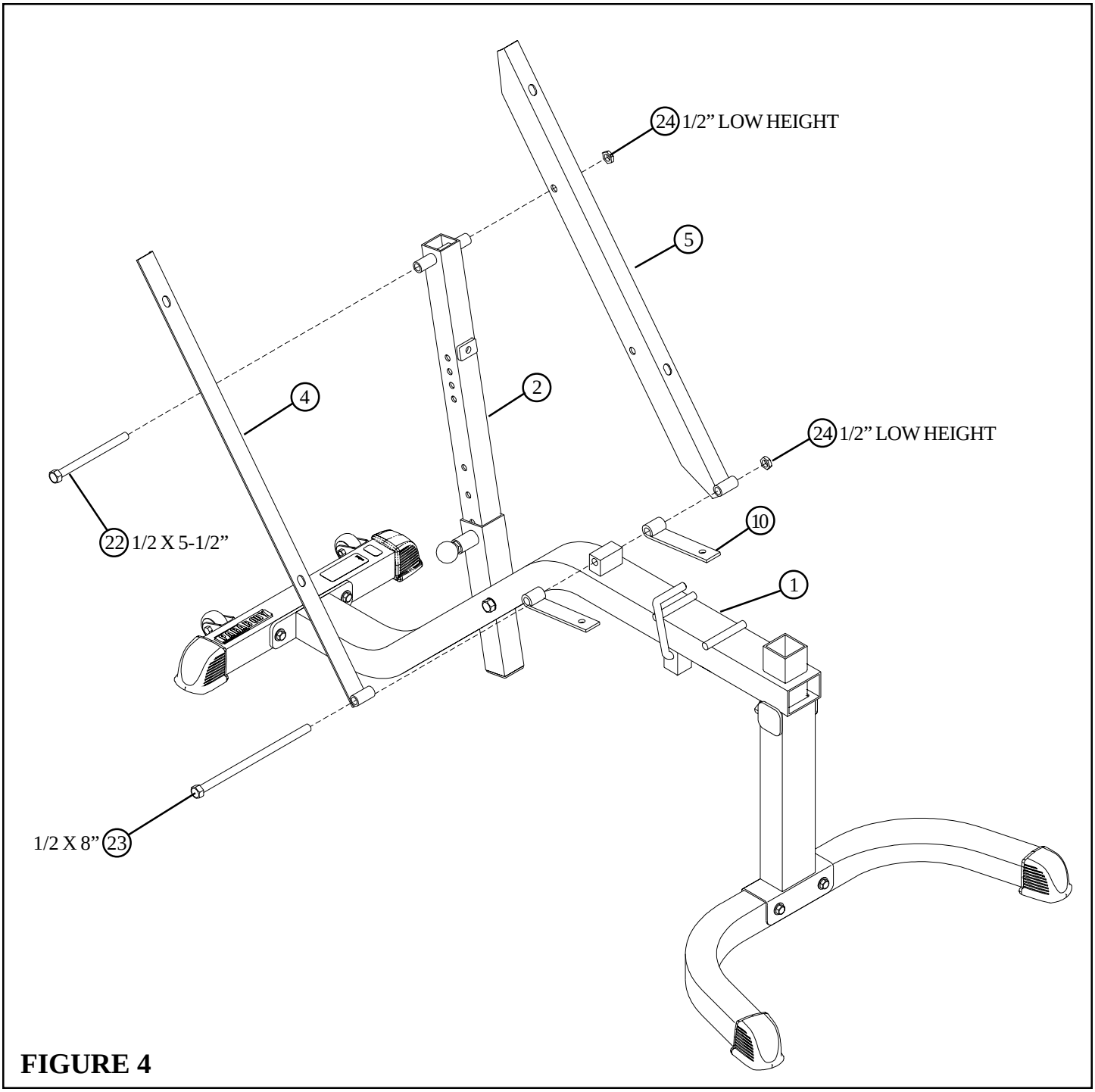
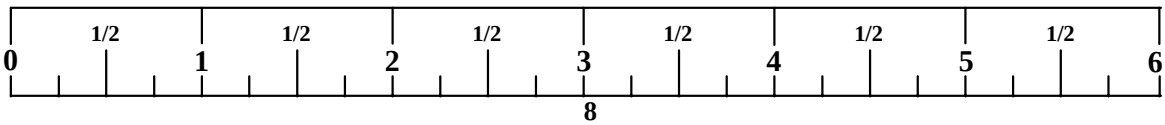


FIGURE 4

STEP 4:

- Assemble the LEFT and RIGHT BACK PAD ANGLE (4 & 5) and two HINGE TABS (10) to the BENCH FRAME (1) using one 1/2 X 8" BOLT (23) and one 1/2" LOW HEIGHT LOCK NUT (24) as shown in FIGURE 4.

- Assemble the LEFT and RIGHT BACK PAD ANGLE (4 & 5) to the ADJUSTABLE SLIDE (2) using one 1/2 X 5-1/2" BOLT (22) and one 1/2" LOW HEIGHT LOCK NUT (24) as shown in FIGURE 4.



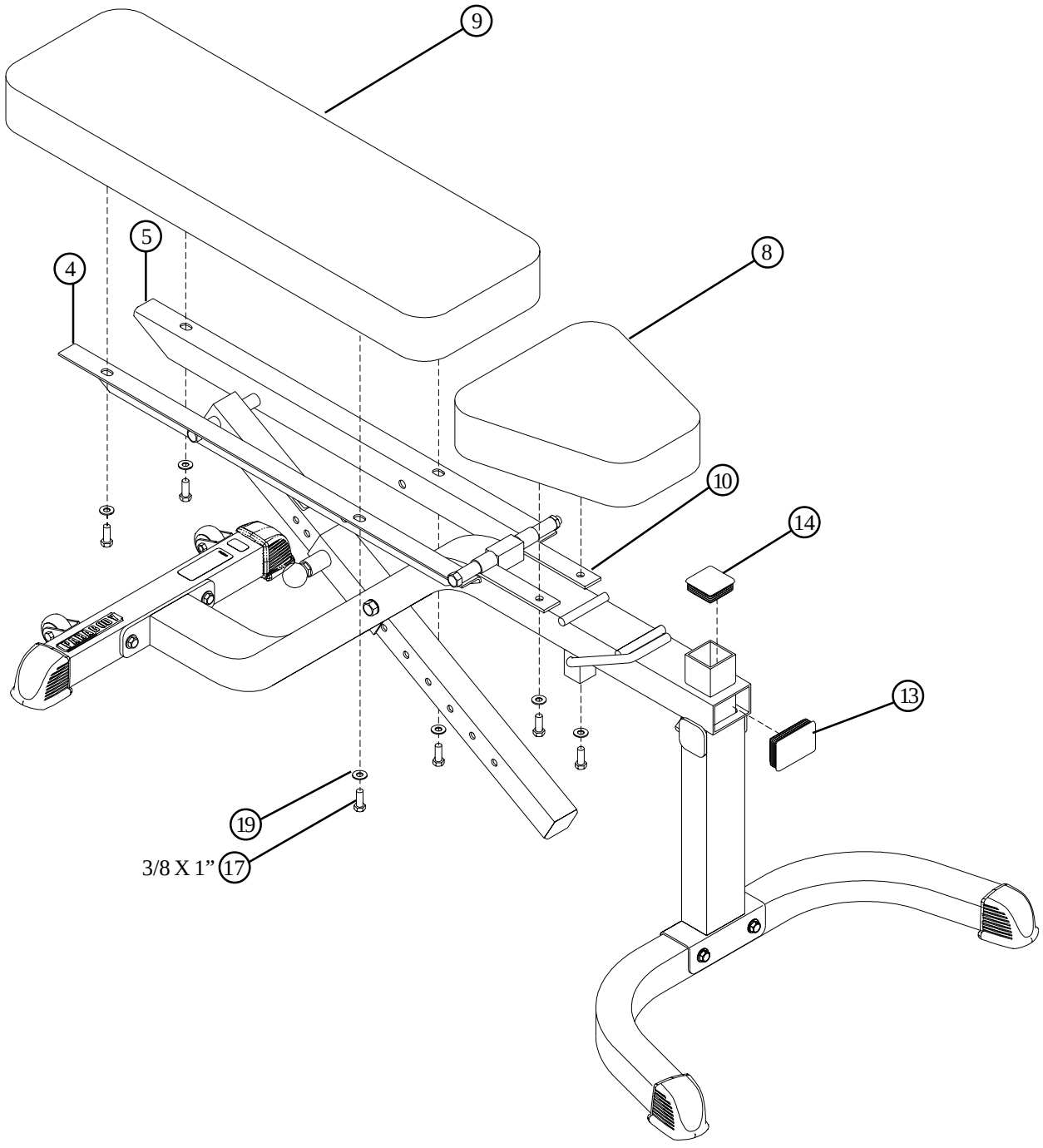


FIGURE 5

STEP 5:

- **SECURELY** assemble the SEAT PAD (8) to the HINGE TABS (10) using two 3/8 X 1" BOLTS (17) and two 3/8" WASHERS (19) as shown in FIGURE 5.
- **SECURELY** assemble the BACK PAD (9) to the LEFT BACK PAD ANGLE (4) and the RIGHT BACK PAD ANGLE (5) using four 3/8 X 1" BOLTS (17) and four 3/8" WASHERS (19) as shown in FIGURE 5.
- Slide one 2" SQ. END CAP (14) into the top of the BENCH FRAME (1) as shown in FIGURE 5.
- Slide one 3 X 2" END CAP (13) into the front of the BENCH FRAME (1) as shown in FIGURE 5.

Thank you for purchasing the Parabody 874101 MULTI-ANGLE BENCH. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

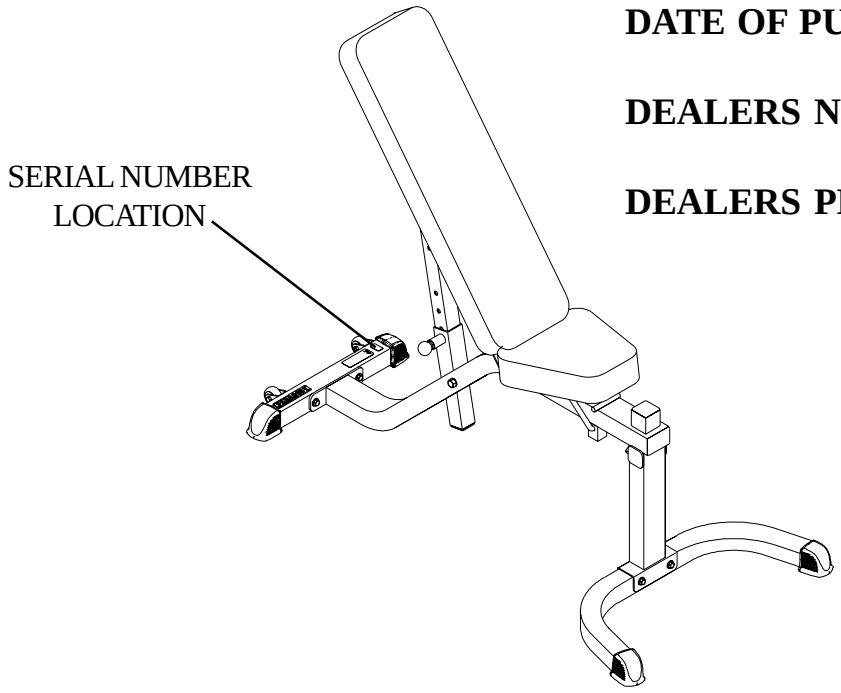
MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____



Thank you for purchasing the ParaBody 874 Multi-Angle Bencb System.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

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